

News Column for Use Week of 8/3/2020
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River Valley Extension District
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Choose Water

We have experienced a few days of cooler temperatures; however, we are still in the heat of summer. Stay hydrated. Water makes up 60-70 percent of our body weight. Our body depends on WATER to survive. Every cell, tissue, and organ in the body needs water to work properly.

The following are some critical functions of water within the body.

- Bloodstream; the bloodstream carries important nutrients in the food we eat all through the body to keep our bodies healthy.
- Water lubricates joints, making it easier for our bodies to move.
- In the digestive tract, water is present in mucus, salivary juices, and digestive juices. These juices help break down certain foods and transport food through the digestive system.
- Water helps regulate body temperature through perspiration.
- Water plays a key role in removing body waste through urine and bowel movements.

Lack of water can lead to dehydration – a condition that occurs when we don't have enough water in the body to carry out normal functions. Even mild dehydration can drain your energy and make you tired. Every day we lose water through our breath, perspiration, urine, and bowel movements. For the body to function properly, we must replenish its water supply by consuming beverages and foods that contain water. Start to drink water before you feel thirsty. Drinking water is a good way to keep your body nourished and help prevent heat exhaustion. Be sure to hydrate well before and during any activity. It is recommended that we drink 8-9 cups of water daily.

Besides water, I think of foods in the vegetable and fruit groups containing a large amount of moisture. Foods that help you stay hydrated, include watermelon, cucumbers, cantaloupe, grapefruit, and berries, just to name a few.

Maintaining the body is a lot like running a business. You have certain assets available to keep your body healthy. These assets include nutritious foods, physical activity, and adequate rest. However, the greatest is plenty of water and nutritious fluids. The body can't survive long without fluids. The body will function a lot better if you remember to drink plenty of water and consume vegetables and fruits with high moisture content. Think of your health, remember to hydrate.

For more information about nutrition and health contact; Sonia Cooper, River Valley Extension District, 785-632-5335.